CHECKLIST

Protecting Your Job from Gambling Harm

- [ ] Register with GamStop to block all licensed gambling sites at once
- [ ] Install Gamban or BetBlocker on work and personal devices
- [ ] Set deposit limits on any remaining accounts before full exclusion
- [ ] Speak to occupational health about support available through your employer
- [ ] Contact a debt adviser if creditors are threatening to contact your workplace
- [ ] Document the steps you are taking to address gambling harm
- [ ] Attend all scheduled shifts and meetings to rebuild reliability
- [ ] Repay money borrowed from colleagues as soon as you are able
- [ ] Access counselling through an employee assistance programme if available
- [ ] Tell one trusted person about what you are facing so you are not alone